

Statistics Report 35186, Corned beef and potatoes in tortilla (Apache)

Report Date: July 16, 2017 13:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	52.51	2	--	49.81	55.21	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	224	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	936	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	7.91	2	--	7.46	8.36	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	8.31	2	--	6.39	10.22	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Ash 1	g	1.92	2	--	1.89	1.94	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	29.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	1.5	2	--	1.4	1.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	1.79	2	--	1.61	1.98	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Sucrose 1	g	0.37	2	--	0.31	0.44	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	0.21	2	--	0.17	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fructose 1	g	0.25	2	--	0.17	0.33	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Maltose 1	g	0.97	2	--	0.73	1.21	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Starch 1	g	25.99	2	--	25.88	26.11	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1	mg	27	2	--	26	28	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	1.80	2	--	1.78	1.82	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	22	2	--	22	22	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Phosphorus, P 1	mg	82	2	--	78	85	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	275	2	--	272	278	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	511	2	--	511	511	--	--	--	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.88	2	--	0.81	0.95	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.066	2	--	0.06	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.310	2	--	0.3	0.32	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	11.3	2	--	10.5	12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamins													
Thiamin 1	mg	0.277	2	--	0.26	0.29	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.135	2	--	0.13	0.14	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	2.545	2	--	2.28	2.81	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.214	2	--	0.2	0.23	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	70	2	--	65	75	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, food	µg	70	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12 1	µg	0.23	2	--	0.18	0.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	0.20	2	--	0.19	0.22	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, beta 1	mg	0.01	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.26	2	--	0.18	0.33	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.08	2	--	0	0.15	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) 1	µg	3.1	2	--	1.6	4.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	3.366	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.178	2	--	0.12	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
15:0 1	g	0.027	2	--	0.01	0.04	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
16:0 1	g	1.801	2	--	1.53	2.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.071	2	--	0.04	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:0 1	g	1.272	2	--	1.03	1.51	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.018	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	3.345	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.028	2	--	0.01	0.04	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated 1	g	0.186	2	--	0.15	0.22	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	3.091	2	--	2.35	3.83	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.039	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.864	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	0.781	2	--	0.61	0.95	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) 1	g	0.070	2	--	0.04	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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18:3 n-6 c,c,c 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c 1	g	0.014	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Cholesterol 1	mg	11	2	--	9	13	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD